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Farm Production-Then & Now

by John C. Ryan, ASCS Information Specialist U. S. Dept. of Agriculture

In 1837, President Martin Van Buren recommended that the 1840 Census be expanded "to embrace authentic statistical returns of great interest. Congress adopted Van Buren's suggestion, and in 1841 the Nation got its first inventory of farm production.

Although the kind of data gathered in 1840 and that gathered now differ vastly, the 1840 data shows that the American farmer did a good job of supplying the Nation with food and fiber, as he does now.

Compared to today's gigantic crops, 1840 farm production looks quite small. For example, corn production totaled 378 million bushels, only 6½ percent of last year's crop. But then, U. S. population has grown twelvefold since Van Buren's day, when 17 million Americans lived in 26 states and three territories. A fairer comparison takes per capita production into account.

In 1840, farmers grew 22.1 bushels of corn for each person in the United States; last year the figure was 27.2 bushels. Some per capita figures have even diminished since 1840. Farmers grew 6½ bushels of potatoes per capita then. In 1975, farmers grew about 2½ bushels per capita.

The 1840 Census shows some gaps. It neglected to count the number of farms or farm numbers. Some of its figures caused some criticism, however, the census itself was a turning point. Carroll D. Wright, Commissioner of Labor who completed the 1890 Census reported to the Congress in 1900, "The census of 1840 may be said to mark the beginning of a concerted effort to make the decennial enumeration the instrument for ascertaining something beyond the mere number of persons of each sex and of various ages consisting each of the three divisions of population."

Under livestock cattle , 193 million sheep, and 26.3 million swine. In Virginia there were 326,438 horses and mules, 1,024,148 cattle, 1,293,722 sheep, and 1,992,155 swine.

Corn, then as now, led all other grains in bushels grown. In 1840, the Nation produced 377 million bushels of corn, compared to 5.8 billion bushels last year. In 1840, Virginia produced 34,577,591 bushels of corn.

In 1840, the Nation's wheat production totaled almost 89 million bushels, compared to 2.1 billion in 1975. In 1840 Virginia grew 10,109,716 bushels of wheat.

The 1840 Census noted that the Nation produced 35.8 million pounds of wool, 10.2 million tons of hay, and 219.2 million pounds of tobacco. Virginia accounted for 2,538,374 million pounds of wool, 364,708 tons of hay, and 75,347,106 pounds of tobacco.

In 1840, the Nation's cotton crop totaled 790 million pounds; 3,494,483 pounds were produced in Virginia. The census also contains figures on products not produced on farms today, such as 61.5 million pounds of silk.

The Pastor Speaks

CHRISTIAN CONCERN

"Give a man a fish and you feed him a meal - Teach a man to fish and he eats for a lifetime," says the ancient Indian proverb.

When we speak to a man about Christ we have conversation - but lead him to Christ and we have a convert.

To tell him all the ways of Christ is to give information - Teach him in the way Christ is to give direction to life in Christ.

or ". . . and he will teach us his ways, and we shall walk in his paths . . ." Isa. 2:3

TOPS CLUB NEWS
by Lois Lutke

A new chapter of Take Off Pounds Sensibly is forming in the Appomattox - Evergreen Area. The organizational meeting will be held Monday Aug. 23, at 7:30. The place is the Evergreen Community Center, formerly the Evergreen School. The building is located to the left of the Evergreen Underpass, next to the cemetery.

For further information for better instructions, please call Mrs. Wm. Stafford at 352-5873. We hope to see you there.

Oakville

Mrs. Otho Martin, Jr., and grandson, Wes, and Mrs. Dora Coleman visited Mrs. Elizabeth Kitchen, of Buckingham, Wednesday afternoon.

Friends and relatives visiting Mrs. Maggie Gardner and Ethel during the week were Mrs. Royal Moore, Mr. and Mrs. Tom Moore and Mr. and Mrs. Russell Covington and Jane Russell.

Master Michael Smith is spending several days this week visiting his grandparents, Mr. and Mrs. Herbert Richardson.

Mr. Michael Burcher has arrived at Sun Valley, Idaho, and accepted a job there.

Mrs. Clarke Moore and Mrs. Mary Fannie Phelps attended the memorial services for George Langran at Rocks Baptist Church Saturday morning.

Mr. and Mrs. O. W. Martin, Jr. entertained informally Saturday evening with a cook out at their home in Oakville commemorating the couple's birthdays. Invited guests included their families, Richard Martin of Covington, and Jimmy Martin and son, Wes of Memphis, Tenn. Wes Martin returned home Sunday after visting his grandparents for the past three weeks.

Mr. and Mrs. T. I. Epperson of Buckingham visited Mr. and Mrs. Garland Burcher and Mrs. Lena Burcher Thursday night.

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Shorts and Shorts Sets 30% to 40% off regular price of $4.98 to $13.00

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Straw Bags, Regularly $7 Now $2.50

A Group of Summer Dresses, 40% Off

Culottes, Regularly $9.50 Now $6.65

One Group of Halters, Values to $5.00 Now $2.00

Jean Skirts, Regularly $10.00 Now $7.00

Bandana Tie Tops, Regularly $9.50 Now $5.00

For Back to School . . . . . we have Jeans from $7 to $16.00, Duck Head Painter's Pants $8.99, Corduroy Jeans $11.50, many tops, tube and knee socks.

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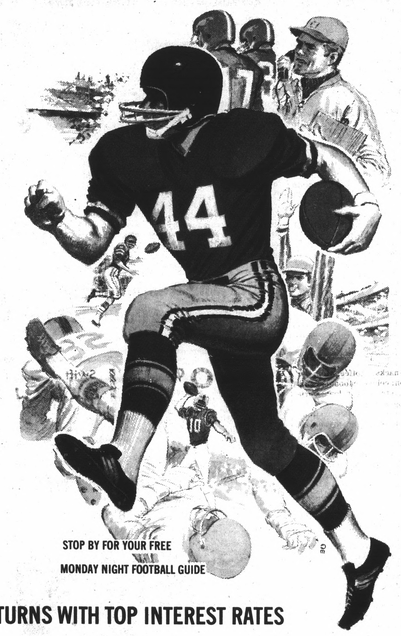

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton Extension Agent

CUES FOR CUTTING CALORIES

American eating habits have come into the news in recent years with reports that many of us are overeating, yet undernourished. The following cues are ways you can be well nourished and cut down on calories:

If you drink whole milk at each meal, switch to skim milk or buttermilk. Reliquefied non fat dry milk - a money and calorie saver - is great for drinking, too.

Use only a quarter of the butter you now put on bread and vegetables. If you like sour cream, cottage cheese, made smooth in a blender, is a tasty low-calorie substitute.

Drain heavy syrup from canned fruits or replace it with fruit juice. Eat fresh fruit without sugar, whenever you can. Try unsweetened canned or frozen fruits. (A fresh peach has approximately 35 calories and an apple approximately 70 calories.)

Buy only lean cuts of meats; cut off all the fat you can. Pan broil in a nonstick pan. Make gravy with bouillon as a base. Keep poultry and seafood in mind - so good for diets and budgets.

Have two leafy or yellow vegetables at every meal; make rice, potatoes, pasta products, corns or beans a treat.

Drink coffee or tea whenever you wish, but skip the sugar, milk, or cream; or sip lemonade for a refreshing change.

These low-calorie foods make fine snacks: coffee, tea, or bouillon; celery, cabbage, cauliflower, etc. with a low-calorie dressing or none.

In casseroles: When sauteing foods or making cream sauces, use half the fat specified. Substitute skim milk, whenever it's suitable, for whole milk. If it is convenient, put casseroles in the refrigerator over night. This makes it easy to skim off fat that rises to the surface.

This technique works well for beef or chicken broth.

For the best all-around results in returning your figure to its youthful, lean shape, combine your diet plan with exercises. Walking, bowling, and golfing burn calories, yet do not seem like work.

While you are dieting, hold portions to one-half each of fruit, vegetables, and desserts; and 4 ounces (raw weight); of meat fish, or poultry. Use these portion guidelines when you plan your meals.

Stay on track by knowing what foods and how much of each you can eat within your daily calorie goal.

The Appomattox County Extension has available a pocket guide "Calories and Weight" which is free to everyone. Should you like a copy you may call 352-8244 or write P. O. Box 488, Appomattox Va. 24522. This publication will be most helpful to anyone who is cutting calories.

RECIPE OF THE WEEK
SLAW

1 large cabbage
1 bell pepper
4 medium onions
pimento
Slice the above lenght-wise: Soak in ice water until Chilled Well - Drain completely. pletely.
Mix the following ingredients:
1 pint of vinegar
1 pint of vinegar
1 tsp. mustard seed
1/2 tsp tumeric
1 1/2 cups of sugar
1 tsp celery seed
1 tsp salt
Boil the above and pour while hot over drained vegetables. Refrigerate overnight before serving.

WILBUN'S
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Full Cut Round Beef 1.19 lb.
Bacon
Ground Beef 79¢ lb.
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Phillips 30 oz PORK & BEANS 2 for $1.00
quart GATORADE 32 oz Orange Lemon-Lime 49¢
Richfood Dog Food Chunk & Gravy 5 lb BAG 89¢
Lay's 9 Oz. Potato Chips Twin Pack 69¢ Regular 89¢
Swift Potted Meat 3 oz can 5 for $1.00

Top Round $1.69 lb.
Tip Steak $1.69 lb.
Boneless Rump Roast $1.49 lb.
Boneless Tip Roast $1.49 lb.
Country Style Ham Shank $1.69 lb.
Country Style Ham Butt $1.79 lb.
Fryer Quarter Breast 89¢ lb.
Fryer Quarter Legs lb. 65¢

Pride of The Farm Hens 59¢ lb.
$1.09 lb. Ground Round ALSO Rump Roast $1.09 lb.
Williamsburg Country Style Ham WHOLE $1.79 Lb.
Richfood Grapefruit Juice Unsweetened 46 oz can 2 for $1.00

Tea Bags Lipton 48's 79¢
Hereford CORNED BEEF 12 oz can 99¢
Coca Colas 8 - 16 Oz. Bottles Plus Deposit 89¢
Giant Size Cheer WASHING POWDER 49 oz $1.19
VEGETABLE OIL Plastic Bottle Richfood 48 oz $1.49
Richfood 71/4 oz Macaroni & Cheese DINNER 4 for $1.00
Joy LIQUID BONUS PACK 48 Oz. Plus 12 oz FREE $1.69
Duncan Hines CAKE MIX Box ALL Varieties 59¢
Juicy California Oranges 5 Jumbo 56 Size 69¢
Red Ripe Nectarines lb 49¢
Large Stalk Celery Stalk 35¢
Red or White Seedless GRAPES 49¢ lb
Carrots 2 lb BAG 39¢
Dole FRESH PINEAPPLE Jumbo Size 79¢
Crest Regular & Giant GET UP TO $3.50 REFUND Crest 7 oz Tube Toothpaste 89¢
FEATURE! Secret Your Choice Deodorant 5 oz Dry 4 Oz Regular 99¢

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